



Experience the Passion of Tucker Hockey Today!

For the past 14 years, Tucker Hockey, based in Calgary, has provided quality year-round professional instruction to minor and adult hockey organizations, teams, and players in the City of Calgary and throughout southern Alberta. Thousands of registered players have participated in Tucker Hockey programs with ages ranging from five to 75 and with a broad skill level from tyke to semi-pro.

According to founder, owner and president, Rex Tucker, "Our teaching philosophy has been and always will be...

**We enjoy and preserve what we love
We love what we understand
We understand because we have been taught
The Tucker Hockey Way!**

Tucker Hockey provides power skating, hockey skills development, and checking programs, customized programs for elite power skating or conditioning as well as one-on-one coaching. Coach Rex emphasizes, "We believe we have the right program for anyone wishing to take their game to the next level!"

"Skating is the most important hockey skill. It is the foundation upon which all hockey skills are built," says Coach Rex. "We operate a fully customized and comprehensive power skating program. We teach proper skating technique first, speed, both without and with

the puck. Proper demonstrations, emphasizing key teaching points, good repetitions, correction of errors, positive reinforcement and encouragement in a fun learning environment plus we adjust to our audience's skill level. We reinforce the importance of proper skating, as well as instill and enhance the love of the game to our participants."

Rex Tucker is an NCCP Advanced 1 Certified Coach (1996), a Professional Power Skating Instructor (1997), and a full time Professional Hockey Coach (2002). As well, he has over 20 years of hockey coaching / instruction experience, which includes such organizations as Hockey Alberta and Canadian Hockey Camp – Europe. Coach Rex says, "It is truly my passion being on the ice as often as I am." He indicates he has been on the ice over 500 times per year for each of the past 10 years.

From 1997 to 2001, Coach Rex taught power skating to Czech, German, Austrian, and Canadian players at Canadian Hockey Camp – Europe based in the Czech Republic. As well, he was the head coach of a Canadian under 18 Rep / Select Hockey Team that toured Germany, Czech Republic, Austria, Italy, and Switzerland in the summer of 2002. Having spent quite a bit of time in Europe especially in Prague, Coach Rex is enthusiastic about returning to the Czech Republic next summer.

Tucker Hockey's newest venture is the 2013 Canadian / Czech Hockey Exchange Program. Experience the hockey trip of a lifetime!!

It's a unique opportunity to visit the Czech Republic from July 10 - 24, 2013. Providing an incredible opportunity for top calibre bantam-aged players born in 1998 or 1999 to experience elite Czech hockey training and enjoy the rich culture of Prague. Prague, the capital city of the Czech Republic, is one of the most beautiful cities in the world. The city has been a political, cultural and economic centre of central Europe for centuries. Since the fall of the Iron Curtain, Prague, with its rich history, has become one of the world's most popular tourist destinations.

Why Experience the Canadian / Czech Hockey Exchange Program?

The Czech Republic has an excellent ice hockey tradition. It provides the most NHL hockey players from any European country. This is an amazing statistic considering the country's small population of 10 million people.

Practice and learn an intensive type of hockey from highly-trained and experienced elite Czech coaches - including the "Imaginary Model Opponent," specific station training of hockey skills development, as well as other innovative training methods based on the Czech tradition to develop a player's individual and tactical hockey skills.

The hockey camp is based at the top sports facility in the Czech Republic where the best Czech hockey players and other elite athletes train. Intensive on and off ice training as well as high quality relaxation and recovery time - 21 hours of on-ice training, 10 hours of off-ice dryland training, daily video / chalk talks, mental conditioning, and a variety of balanced nutritional meals.

An Exceptional Hockey Value, the Exchange Program Includes the Following:

- Airfare from Calgary to Prague (Return)
- 2 weeks accommodation
- Majority of meals included
- Guided sightseeing tours of attractions within Prague and the Czech countryside
- 1 week of professional Czech ice hockey training with Elite Coaches
- Access to all the sports facilities within the sport centre for both players and parents
- 24 hour camp supervision by a staff of professional counsellors
- 3 exhibition hockey games against local Czech competition
- Personalized Home and Away Game Jerseys
- Arrival and Departure Receptions in Prague

An outstanding hockey, travel vacation, cultural, and friendship exchange experience!

To ensure a wonderful time on and off the ice for the players as well as their parents, this program is professionally organized and managed by a friendly, dedicated support staff.

Sign Up Today! First Come - First Serve Basis! ** 2 Goaltenders - 6 Defensemen - 12 Forwards**

In addition to on ice programs, Tucker Hockey also publishes the Hockey Zones Newsletter, the official newsletter of Tucker Hockey. Three times per year, free copies can be found at Calgary arenas and sporting good stores. Past issues starting from 2004 are available on the Tucker Hockey website.

As well, Tucker Hockey is proud to support the Kids Hockey Advancement Society's Annual Fundraising Golf Tournament, as the event sponsor. Since it's inception in 2008 the society has raised nearly \$100,000 for worthy causes. The 2013 goal is to once again provide funds to KidSport of Calgary, to ensure more deserving kids get the chance to participate in organized sports especially hockey. This is our way of giving back to the community that supports us!

For information about Tucker Hockey's quality year-round hockey services and programs visit www.tuckerhockey.com or call Christyne Kavanagh at 403-998-5035.

